

COOK BOOK

Memorandum

Book 172

CHESTERFIELDS and where to buy them.

Dominion Furniture Store Limited

OUR PRICES—COMPARE THEM.

\$185.00 3 Pieces beautifully designed. \$15.00 down, the balance divided into 12 months.

\$190.00 Very handsome Kroehler Chesterfield Suite. Terms as above.

\$89.00 Kroehler Devanette Suite, \$10.00 down; balance \$10 per month.

Your old furniture taken in exchange.
No interest on balance.

The Old Firm

Dominion Furniture Store LIMITED

134 EIGHTH AVENUE EAST

**M. Groberman,
Manager.**

Cook Book

Compiled and Arranged by the
Members of the

Mount Calvary Lutheran Ladies' Aid

August

Nineteen Hundred and Twenty-seven.

The members of Mount Calvary Ladies' Aid wish to
thank most cordially all who have assisted them in any
way in getting out this cook book..

Good Cooks need Good Feet

To be assured of constant

FOOT COMFORT

Have good fitting footwear.

Good Footwear, Efficient Fitting Service
and Moderate Prices are always obtainable

at

INGRAHAM'S

Phone M 9626

Cor. 8th Ave and 3rd St. W

CALGARY
AUTO TOP BUILDERS

TRY US FOR SERVICE

Manufacture and Repair Seat Covers, Storm
Curtains, Auto Tops, Radiator Covers,
Upholstering, Etc.

Phone M1021

515 Fourth Street East

Res. Phone M7422

SOUPS

In an orderly house all is soon ready.

VEGETABLE SOUP—Wash a soup bone, cover with water and bring to boil. Add 1 onion, 2 cups of tomatoes, 1 teaspoon of whole mixed spice, salt to taste; boil till meat is tender; about $1\frac{1}{2}$ hours before serving take out meat and strain soup; add $\frac{1}{4}$ cup of pearl barley and boil $\frac{1}{2}$ hour; add $\frac{1}{2}$ cup of diced carrots, $\frac{1}{2}$ cup of diced potatoes, and if liked, $\frac{1}{2}$ cup of shredded cabbage; boil 1 hour longer; add a little minced parsley and serve.

Mrs. M. W. Kreller.

CLAM CHOWDER—Cut 3 slices of bacon into small pieces, 3 large potatoes diced, 1 onion sliced fine, 2 cups of canned tomatoes and water to cover. Add salt and pepper to taste, and boil till potatoes are done. Add more water as it boils away; cut up fine one can of clams; add to potatoes and heat through; boil up one quart of milk and slowly pour chowder into it.

Mrs. M. W. Kreller.

MACARONI SOUP—Cover a soup bone with water, add 1 onion, 2 cups of tomatoes, some celery, or celery leaves which have been dried, when celery is plentiful; salt and pepper to taste; boil all from 2 to 3 hours. Remove bone, and add macaroni; boil 20 minutes longer.

Mrs. A. Braun.

TOMATO SOUP—1 pint of tomatoes, $\frac{1}{4}$ teaspoon soda, pepper and salt, 1 teaspoon cornstarch mixed with a little milk, 1 tablespoon butter. Put these in saucepan, and when at boiling point add 1 pint of milk that has been heating in another vessel. Strain soup before using.

Mrs. A. Braun.

Harris's Wonder Health Restorer

A TRUE HERBAL REMEDY

LETTER OF GRATITUDE FROM WELL KNOWN CALGARY LADY.

**Suffered with Stomach Trouble for
Over 30 Years.**

Mr. George Harris, Herbalist,
Calagry.

Dear Sir,—I suffered with stomach trouble for over thirty years and had ulceration of the stomarh quite a number of times, every attack getting worse. I had consulted a doctor, who said he thought I had cancer of the stomach, and advised an X-ray be taken. I felt, however, that I could not undergo a serious operation and gave up all hope of recovery. **Harris's Wonder Health Restorer** was recommended to me, but after my experience with other medicines I have to admit being dubious as to its ability to assist in my case. However, I started the treatment, and within three months I could eat anything and felt better than I had for years. I shall be only too pleased to recommend your treatment to all sufferers.

Yours very sincerely,
MRS. C. F. McLEAN,
220 13th Ave. East, Calgary.
Phone M7489.

Manufactured and for sale by
GEORGE HARRIS, Herbalist,
507 24th Avenue West, Calgary, Alberta.
For any other information Phone M3493

SOUPS

VEGETABLE SOUP—Get a veal shank, put in your pot and cover with cold water, and start it to boil slowly; after boiling for two hours add 1 large carrot cut into cubes, 1 onion, 1 large potato in cubes, 1 small turnip in cubes, and $\frac{1}{2}$ cup of pearl barley, salt and pepper to taste; boil for another hour or two.

Mrs. Robt. Stewart.

CORN CHOWDER—Slice 5 potatoes, 2 small onions, cover with boiling water; when nearly done add 1 can corn, 1 pint milk, pepper and salt to taste, piece butter size of walnut; let boil until done.

Mrs. A. B. Himmelman.

CREAM PEA SOUP—1 can peas, drain water off, 2 teaspoons sugar, 1 pint cold water, 1 pint milk, 1 sliced onion, 2 tablespoons butter, 2 tablespoons flour, 1 teaspoon salt, pepper to taste. Add sugar, cold water to peas, simmer 20 minutes, put through sieve, then add remainder gradually, and cook until done. Serve browned crackers.

Mrs. A. B. Himmelman.

Those who think must govern those who toil.

EMPIRE MEAT MARKET

FRESH and CURED MEATS

Our Own Made Sausage a Specialty

825 1st Ave. N. E.

Phone M4014

Receipe for Cooking

The Celebrated Virginia Ham will be supplied by The Flesher Marble & Tile Co.; also, qualified to do Tile and Marble Work. No job too large—none too small.

THE FLESHER MARBLE & TILE CO.
CALGARY

MEATS

Light suppers make long lives.

SPICED BEEF RELISH—Take 1 lb of raw, tender beefsteak, and 1 lb of veal, put through meat chopper, add salt, pepper and a little sage, 1 small onion, 2 table-spoons of melted butter; add 2 rolled crackers, made very fine; also 2 well beaten eggs. Make up in a roll and bake; baste with butter and water while baking. Cut in slices when cold.

Mrs. A. Braun.

FRIED CHICKEN—Clean and joint the young chicken, soak in cold water and a little salt for a $\frac{1}{2}$ hour, dry, roll in flour and fry in hot fat a nice brown. Add salt and pepper to flour. If not quite tender add a little water and stew gently in gravy for a few minutes or till tender.

Mrs. A. Braun.

PAN BROILED STEAK—Take a thick T-bone steak, place in a thick bottom frying pan (well heated), cover and brown one side, turn and brown other side. Reduce heat a little and cook 10 minutes. Remove steak to warm platter, sprinkle with salt pepper and rub well with butter on both sides. Add very little hot water to gravy in pan, boil up and pour around the steak.

Mrs. M. W. Kreller.

TO CAN MEAT—Cut meat in small pieces, beef or veal, put 1 teaspoon salt in bottom of sealer, then fill in with pieces of meat to the top, then place a piece of suet on top of meat in sealer, then put cover on sealer but not tight. Boil in wash boiler. Place board on bottom of wash boiler, then set sealers in boiler on board and boil for 5 hours, then let cool in same water, and then fasten the tops of sealers to keep it air tight. Don't forget to put your rubbers on sealers. This is delicious and will last an indefinite time or forever.

Mrs. J. Becker.

ONTARIO

LAUNDRY

LIMITED

DRY CLEANERS

TRY OUR
Family Wash Department

Phones: M 6337 - M 2756

CALGARY

MEATS

BEEF LOAF—To every lb of beef take 1 egg, 1 tablespoon flour level, $\frac{1}{2}$ cup bread crumbs, 1 onion, salt and pepper to taste, mince meat, mix all together, form into round shape, put in pan, cover top with butter, and bake twenty minutes to the lb. Slice cold. No water used in the pan.

Mrs. A. B. Himmelman.

LEFT-OVER MEAT LOAF—Put left-over meat, seasoned with salt and pepper, through grinder. Dissolve 1 tablespoon cornstarch in $\frac{1}{2}$ cup sweet milk, mix with meat. Grease a loaf pan and line with waxed paper. Spread meat on bottom and sides of pan, drain can of peas into loaf pan and spread the remaining chopped meat on top, bake until nicely browned. Serve as loaf on platter having the juice from peas thickened for gravy around loaf.

Mrs. Luke.

SALMON LOAF—1 can salmon, 6 tablespoons bread crumbs, 3 beaten eggs, 3 tablespoons butter melted, $\frac{1}{2}$ cup milk as needed, steam half hour. Dressing—1 pint milk, 1 tablespoon flour, pepper and salt to taste, boil 2 eggs hard, put chopped whites in dressing, pour over loaf, sprinkle over top with grated yolks.

Mrs. A. B. Himmelman.

LIVER AND ONIONS—Sprinkle sliced liver with salt and pepper, roll in flour and fry brown in 2 tablespoons of fat. Take liver out of the pan, add one large onion, sliced fine and 1 heaping tablespoon of flour to fat in pan, and brown nicely. Pour on enough boiling water to make a smooth gravy. Now put back liver, add little salt if needed and stew for 15 minutes. Calf's liver is best, but fresh pork liver is very nice cooked this way.

Mrs. M. W. Kreller.

It is foolish to quarrel with one's bread and butter.

IMPERIAL MOTORS LTD.

Southern Alberta Distributors

Chrysler Motor Cars AND Federal Motor Trucks

BRANCH
CALGARY and LETHBRIDGE

**WE CARRY full line of TIRES and
TUBES at prices to suit the pocket book.
When you need TIRES see us.**

**We also do VULCANIZING. Every
job is guaranteed.**

SERVICE IS OUR MOTTO.

The Fisk Tire Service Co. Ltd.

VULCANIZING

**Corner 7th Ave. and 3rd Street West
Phone M6213 Calgary**

VEGETABLES

The proof of the pudding is in the eating.

COLD SLAW—Chop fresh cabbage very fine, sprinkle with salt and pepper. Take a $\frac{1}{4}$ cup of mild vinegar, add a tablespoon of sugar and fill cup with sweet cream, pour over cabbage and mix well.

Mrs. M. W. Kreller.

BUTTERED POTATOES—In the summer when old potatoes are not very nice, try following method: Boil small potatoes in jackets and cool. 20 minutes before serving, peel and slice very fine, melt 2 tablespoons of butter in frying pan, add potatoes, sprinkle with salt and pepper to taste, and heat thoroughly, stirring often. Do not brown or fry, but slowly stew them in the butter.

Mrs. M. W. Kreller.

SCALLOPED CORN—2 tablespoons flour (full), 1 tablespoon sugar, 2 tablespoon butter, 2 eggs (well beaten), salt, 1 pint can corn, 1 pint milk (scant), bake in a slow oven until thick.

Mrs. Rorvik.

BAKED EGGS WITH CHEESE SAUCE—4 eggs, 1 tablespoon grated cheese, 2 tablespoons butter, 2 tablespoons flour, 1 cup milk, 1 teaspoon salt. Make a white sauce of the butter, flour, milk and salt. Break the eggs into a buttered baking dish, cover with the white sauce and put grated cheese on top. Bake in hot oven for 12 minutes.

Mrs. Rorvik.

SCALLOPED POTATOES—Pare and slice the amount of potatoes required, put in pudding dish, season with salt and pepper and a little sliced onion, pour enough milk to cover and small pieces of butter placed on top. Bake in oven. Try pork chops placed on top of potatoes and bake.

Mrs. A. Braun.

WE HAVE A FINE SELECTION OF
**Diamonds, Watches, Clocks
and Jewellery**

AT LOWEST PRICES.

ALSO

**First Class Watch, Jewellery and
Clock Repairing**

OUR SPECIALTY

OUR RENT IS SMALL—THAT'S WHY WE SELL
FOR LESS.

GIVE US A TRIAL.

THE RELIABLE JEWELLERS

210a 8th Ave.

Calgary

McGILL'S
DRUG STORE

PRESCRIPTION DRUGGIST

Cor 17th Ave. and 7th St. West Calgary, Alta.

PHONE W4039

FREE DELIVERY

PROMPT SERVICE

VEGETABLES

POTATOES AND LAMB CHOPS—Peel amount of potatoes required, slice very thin and place in baking dish (as for scalloped potatoes), sprinkle with salt and pepper, pour on boiling water to cover. Put in hot oven till potatoes brown on top. Sprinkle lamb chops with salt and pepper, place on top of potatoes and brown on both sides. Cover and bake slowly till done.

Mrs. M. W. Kreller.

CREAMED MUSHROOMS—Wash, peel and slice a dozen mushrooms, add a very small slice of onion, salt and pepper to taste, and stew till tender. They will draw their own liquid when beginning to heat. When tender add 1 cup of sweet cream, thicken with 1 teaspoon of cornstarch and serve on toast.

Mrs. M. W. Kreller.

ASPARAGUS ON TOAST—Heat 1 can of asparagus tips in their own liquid. Add $\frac{1}{2}$ cup of sweet cream, a little butter, salt and pepper, thicken with 1 teaspoon of cornstarch, arrange on buttered toast and sprinkle paprika.

Mrs. M. W. Kreller.

We live to die and die to live.

Osteopathic Health Home

A Real Place to Regain Health
3015 Glencoe Road, Elbow Park
Calgary, Alberta. Phone M 6583
Fasting, Dieting, Massage, Hydrotherapy
and Electrotherapy

Here you are taught how to maintain a proper state
of health when once regained.

Dr. M. E. CHURCH

OSTEOPATHIC PHYSICIAN

Bank of Toronto Chambers, 118 8th Ave. West
Phone M4219

Nervous, Gastro-Intestinal Diseases and Piles
A specialty.

Osteopathy Removes the Cause, Nature Cures.

EAT Dr. CHURCH'S HEALTH FOODS

Save the lustrous finish of your Auto
by having it washed at

Calgary Automobile Laundry

We clean motors also. Rush jobs have immediate
attention. Cars washed by contract, monthly
or semi-monthly

119 12th Ave. West

CALGARY

Office Phone M7015

Res. Phone W1081

SALADS

The father is the guest that best becomes the table.

POTATO SALAD—Dice 6 large boiled potatoes, add 1 small onion sliced very fine, 3 hard boiled eggs sliced fine, salt and pepper to taste. Mix 3 tablespoons of vinegar with 1 cup of thick sour cream, pour over potatoes and mix well.

Mrs. M. W. Kreller.

CUCUMBER SALAD—Peel cucumbers and slice very thin, sprinkle with salt and let stand in cool place for 2 hours. Drain well, sprinkle with black pepper and finely chopped cloves, if handy. Cover with thick sour cream, mix well and serve on lettuce leaf.

Mrs. M. W. Kreller.

BEEF SALAD—1 cup cold boiled beets, $\frac{1}{2}$ cup cold potatoes, $\frac{1}{2}$ cup celery, 1 hard boiled egg, 1-3 cup pickle chopped very fine, $\frac{1}{2}$ teaspoon salt. Add salad dressing to moisten.

Mrs. A. Braun

SALAD DRESSING—1 tablespoon sugar, 1 tablespoon butter, 1 tablespoon flour, $\frac{1}{2}$ teaspoon salt, $\frac{1}{2}$ teaspoon mustard, mix these dry ingredients well, beat 2 eggs, add 1 cup sweet milk and $\frac{1}{2}$ cup vinegar. Mix with dry ingredients and cook until thick.

Mrs. Rorvik.

SALAD DRESSING—1 tablespoon each flour, sugar and butter, 1 teaspoon each of mustard, butter and salt, 1 egg, $\frac{1}{2}$ very scant cup vinegar, $1\frac{1}{2}$ cups of water.

Mrs. C. M. Smith.

SALAD DRESSING—1 tablespoon of flour, 1 tablespoon mustard, $\frac{1}{4}$ cup vinegar or lemon juice, $\frac{1}{2}$ cup sugar; salt and pepper to taste, 1 egg, butter. Dissolve dry ingredients in double boiler, add the egg, when cold, add one small can of carnation milk or cream.

Mrs. R. Stewart.

PHELPS BROS.

704 FOURTH ST. WEST

Plumbers and Gasfitters

Phones: M4443, M3031, L1071

We carry a full line of GAS RANGES,
RADIANT FIRES, HOT WATER HEAT-
ERS and FURNACE BURNERS.

Let us estimate on any Repairs or Alter-
ations.

Phones: M6016, M6338

ALBERTA STEAM LAUNDRY

DRY CLEANERS

Phone M5083

730 Second Avenue West

We do Family Service at 13 lbs. for \$1.00.

OUR DRIVER WILL CALL.

SALADS

SALAD—1 small head lettuce, 6 ripe tomatoes, fresh cooked or canned salmon, put one leaf of lettuce on plate, slice tomatoes, put on lettuce, the salmon laid here and there, dabb with salad dressing.

Mrs. R. Stewart.

LOBSTER SALAD—1 head lettuce, 1 medium-sized cucumber, 3 green onions or more if desired, 1 small can of lobster. Slice cucumber, put salt brine on to cover, let stand for 2 hours or more, wash and cut onions, also lettuce; mash up the lobster, mix all together, last add salad dressing, serve at once.

Mrs. R. Stewart.

FRUIT SALAD—Chop fine celery, apples and walnuts, to this add salad dressing, not too much. Put in dishes which have in them a slice of pineapple and orange. Put whipped cream on top.

Mrs. A. Braun.

SALAD DRESSING—2 eggs well beaten, $\frac{1}{4}$ teaspoon pepper, $\frac{1}{2}$ teaspoon salt, $\frac{1}{4}$ cup sugar, 2 level teaspoons mustard, $\frac{1}{2}$ cup sour cream, $\frac{1}{2}$ cup vinegar.

Mrs. J. Shepp.

BANANA SALAD—Take small bananas, peel and roll in salad dressing, then roll in finely chopped nuts, place on lettuce leaf with a little whipped cream over banana, and a few candied cherries on top.

Mrs. A. Braun

Love of children is woman's instinct

WATCH REPAIRS

With our enlarged facilities for this work, with Mr. W. A. Sparling in charge, we are specializing more than ever on

GUARANTEED WATCH REPAIRING

We estimate your work while you wait.

Walter G. Agnew

DIAMOND SPECIALIST

811a First St. West

Calgary, Alta.

J. E. HOPKINS

OPTOMETRIST and OPTICIAN



BANK OF TORONTO BLDG.
(Opposite Club Cafe)

116 8th Avenue West

Office Phone M9357

Res. M7869

PUDDINGS

Wine makes love forget its care.

GLORIFIED RICE—Dissolve a package of lemon jello in $\frac{1}{2}$ pint boiling water, add $\frac{1}{2}$ pint canned pineapple juice or any fruit juice. When cold whip to the consistency of heavy whipped cream. Have 2 cups boiled rice cooked dry. Fold the rice into the whipped jello, add 1 cup whipped cream, 4 tablespoons sugar, and salt to taste. Set in cold place to harden.

Mrs. Luke.

CHERRY SPONGE— $\frac{1}{2}$ tablespoon of gelatine, $\frac{1}{2}$ cup cold water, 1 tablespoon lemon juice, $1\frac{1}{2}$ cups canned cherries or your own preserves, 1 cup fruit juice, $\frac{1}{2}$ cup of sugar, soak the gelatine in the cold water and dissolve in heated fruit juice, add the cherries, sugar and lemon juice. When it begins to set fold in the stiffly beaten egg whites, turn into molds and chill. Canned raspberries or loganberries are very good in this recipe also.

Mrs. Robert Stewart.

DATE DIVINE—2 eggs beaten well, 1 cup sugar, 1 cup dates, 1 cup nuts, 3 rounding tablespoons flour, 1 teaspoon baking powder, a little salt. Bake very slowly for 30 to 40 minutes. Serve with whipped cream or following filling: yolks of 2 eggs, 1 cup powdered sugar, 1 small teaspoon vanilla.

Mrs. Luke.

PUDDING SAUCE—1 cup cream, 1 cup sugar, $\frac{1}{2}$ cup butter. Bring to a boil, and simmer slowly for an hour.

Mrs. J. Shepp.

JAMES MORRIS
FLORIST and SEEDSMAN

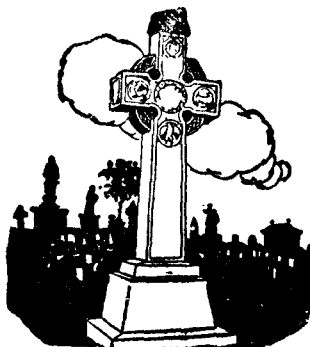
CUT FLOWERS FOR ALL OCCASIONS

WEDDING BOUQUETS FLORAL DESIGNS
SEEDS, BULBS, HOUSE PLANTS, ETC.

1110 FIRST STREET WEST
Phone M4470

CALGARY
Residence L2412

Somerville's Calgary Monumental Company



Manufacturers of all

*Cemetery
Work*

Send for our illustrated
Catalogue.

121 13th Ave. West, Near Noble Hotel.

Phone M1391

PUDDINGS

CUSTARD SOUFFLE—Melt 4 tablespoons of butter, blend in 4 tablespoons of Flour, and one cup of milk, boil 5 minutes, stirring constantly, add 2 tablespoons of sugar and the beaten yolks of 4 eggs, beat the whites until stiff, and fold into the mixture. Pour this into a buttered dish. Bake about 20 minutes in a hot oven. Serve with fruit juice.

Mrs. Robt. Stewart.

SPANISH CREAM PUDDING—3 cups of milk, add 1 tablespoon of gelatine to milk, $\frac{1}{2}$ cup of sugar, and heat, to this add yolks of three eggs, well beaten. Cook until custard. When cool add the beaten whites. Set in a cool place to stiffen.

Mrs. Robt. Stewart.

LEMON FOAM—Put into a saucepan 2 cups of hot water, 1 cup of white sugar:when it boils add 3 tablespoons of cornstarch mixed with cold water, juice of 1 lemon, and stir thoroughly. Boil 5 minutes. When cold add the well beaten whites of 2 eggs. Beat briskly.

Sauce—1 cup of milk, 1 teaspoon cornstarch, 1 egg, and 2 tablespoons of sugar. Boil in double boiler.

Mrs. A. Braun

CARROT PUDDING—1 cup chopped or rendered suet, 1 cup grated carrots (raw), 1 cup grated potatoes (raw), 1 cup flour, 1 cup sugar, 1 cup currants and raisins, vanilla, a little nutmeg, pinch salt, $\frac{1}{2}$ teaspoon soda, steam 4 hours.

Mrs. J. Becker.

APPLE PUDDING—(a) Peel about 5 or 6 apples, slice and cover with sugar. (b) 1 tablespoon butter $\frac{1}{4}$ cup sugar, 1 cup flour (scant), 1 teaspoon baking powder, $\frac{1}{2}$ cup milk. Pour B or A and bake in moderate oven about $\frac{1}{2}$ hour.

Mrs. J. Becker.

YORKSHIRE PUDDING—1 cup flour, 2 eggs, 1 pint milk, $\frac{1}{2}$ teaspoon salt, beat well, bake in quick oven.

Mrs. E. Wolfe.

A hungry man sees far.

Office Phone M7180

Res. H1932

Dr. Wm. McARTHUR

D.C., F.A.C.C.

CHIROPRACTOR

GRADUATE PALMER SCHOOL Member U.C.A.

115a Eighth Ave. East
One door west of old Allen Theatre
CALCARY, ALTA

Phone M9266

Flowers for all Occasions

STANLEY HENDERSON

FLORIST

814 FIRST STREET WEST

Calgary, Alberta

PIES

Children are certain cares, but uncertain comforts.

BANANA BUTTERSCOTCH PIE—1 cup brown sugar, 2 eggs, 3 tablespoons flour, 1 teaspoon vanilla, 2 tablespoons butter, 1 cup cold water. Mix sugar, flour and yolks of eggs. Add water gradually, then butter. Cook in double boiler, stirring constantly. Add vanilla. Pour over sliced bananas, add stiffly beaten egg whites. Brown in oven.

Mrs. A. Bolter.

DUTCH APPLE PIE—Line pie plate with nice pastry, and dredge with 1 tablespoon flour. Peel, core and quarter small apples. Put ring of them in plate and fill in centre. Sprinkle with a small cup of white sugar and a little cinnamon. Break 1 egg into a teacup, add a little sugar and vanilla, and beat well, fill cup with milk, pour around apples and bake. If it seems to brown too quickly, invert large baking dish over pie. This pie is very nice if pears are used instead of apples.

Mrs. M. W. Kreller

RHUBARB CREAM PIE—Pour boiling water over 2 cups of fresh rhubarb, let stand five minutes, drain well and add 1 cup sugar, 1 egg, 1 teaspoon butter, 1 tablespoon flour, 3 tablespoons water, mix well, and bake with two crusts.

Mrs. A. Brown.

BUTTER SCOTCH PIE—1 cup very dark brown sugar, 1½ tablespoons flour, 1 tablespoon butter, yolks of 2 eggs (whites for frosting), 1 cup sweet milk. Cook in double boiler, and put in baked crust.

Mrs. A. Braun

JUST THINK HOW COMFORTABLE
THE HOME IS WITH NATURAL GAS

COOKING IS A PLEASURE

WHN NATURAL GAS IS YOUR SERVANT

CANADIAN WESTERN NATURAL GAS, LIGHT
HEAT & POWER CO., LTD.

Keep Your Food Pure and Sweet this Summer

We can supply you with Refrigerator and Ice on our

EASY PAYMENT PLAN

Monthly Payments from \$4.00

Phone M2633 for Particulars

THE ALBERTA ICE COMPANY, LIMITED

OFFICE and SHOWROOM:

Corner 10th Avenue and Centre Street

PIES

LEMON PIE—Grate into a dish the rind of 2 lemons, 1 ½ cups sugar, 3 tablespoons cornstarch, mix well, then add yolks of 3 eggs, well beaten, and the juice of lemons 2 ½ cups of boiling water, butter the size of a walnut, put on stove and bring to boil, put in baked crusts. This will make 2 pies. Beat whites of eggs to stiff froth, add sugar, and slightly brown.

Mrs. A. Braun

FRENCH CREAM PIE—1 cup currants, ¾ cup white sugar, 1 cup sour cream, 2 egg yolks, ½ teaspoon cinnamon, pinch of salt, 1 teaspoon baking soda added last. Bake with undercrust. Use whites of eggs (with 1 tablespoon sugar) for top. Return to oven and slightly brown.

Mrs. R. J. Lumley.

LEMON PIE—2 cups of boiling water, 1 cup white sugar, 2 tablespoons cornstarch, 2 egg yolks, 1 large lemon (juice and rind), 1 tablespoon butter. Line pie plate with nice pastry and bake, then add filling, beat whites of eggs stiff, add 1 tablespoon icing sugar, and spread over top, put back in oven to brown.

Mrs. R. J. Lumley.

He who depends on another dines ill and sups worse.

We carry a Fine Assortment of DIET BOOKS, PHYSICAL CULTURE BOOKS & GENERAL HEALTH BOOKS by the finest Health Authorities.

We also have the largest assortment in Western Canada of Newspapers and Magazines from all parts of the World.

OUR SERVICE IS UNEXCELLED.

***BOSTON HAT WORKS
& NEWS COMPANY***

109 8th Avenue West, Calgary

G. F. TURNER

Agent for

JONES SEWING MACHINES

**Repairs and Supplies for all makes
of Machines.**

EXPERT HEMSTITCHING, PIN TUCKING

1329 FIRST STREET WEST

M7582

PICKLES

May good digestion wait on appetite.

MOCK TOMATO CATSUP—1 can tomatoes, 1 large onion cut fine, $\frac{1}{2}$ apple cut fine $\frac{1}{2}$ cup granulated sugar, $\frac{3}{4}$ cup vinegar (mild). 2 tablespoons pickling spices, $\frac{1}{2}$ teaspoon salt, shake of pepper. Boil for 2 hours, then squeeze through a sieve.

Mrs Ed. Wilson.

MUSTARD PICKLE—Dice 1 gallon crock of cucumbers, cover with water and $\frac{1}{2}$ cup of salt, let stand oover night, then drain. Put on to boil 1 quart of vinegar, $1\frac{1}{2}$ cups of brown sugar. Let this come to boil, add cucumbers, let this come to a boil again, then add $1\frac{1}{2}$ tablespoons mustard, 1 heaping teaspoon tumeric powder and $\frac{1}{2}$ cup of flour (mix with vinegar) before you add it. Bring to a boil and seal at once. Cauliflower, onions or beans may be added.

Mrs. Moore.

RHUBARB PICKLE—1 qt. rhubarb stewed, 1 qt. onions chopped, 1 lb brown sugar, 1 qt. white vinegar, 1 tablespoon salt, 1 teaspoon each of cinnamon, cloves and allspice. Cook 1 hour or more.

Mrs. J. Becker.

PICKLED ONIONS—Peel the onions until they are white, scald them in strong salt and water, then drain, make vinegar enough to cover them, boiling hot, strew over them a few red peppers. Pour Vinegar over them, and when cold, bottle.

Mrs. J. Becker.

MUSTARD PICKLES — 2 qts cucumbers, 2 quarts onions, 1 large cauliflower, 2 qts. green tomatoes, soak all in brine, made of 1 cup salt in 1 gal. water, scald slightly in this, drain thoroughly. Mix 1 cup flour, $\frac{1}{2}$ cup mustard, 1 tablespoon tumeric, into a paste with vinegar to make 2 qts. Stir constantly till mixture is thick, add vegetables and let come to a boil.

Mrs. J. Shepp.

ALL WORK GUARANTEED

E. P. HANSON

CEMENT CONTRACTOR

EXCAVATING — SIDEWALKS
And all kinds of Cement Work.

Estimates Given. Prices Reasonable.

419 13th Ave. East

Phone M5992

**FRESH FLOWERS and
CHOICE PLANTS**

FOR ALL OCCASIONS.

**SPECIALISTS IN FINE FLOWERS AND
THEIR ARRANGEMENT.**

**WEDDING FLOWERS AND FLOWERS OF
SYMPATHY ARRANGED AT SHORT
NOTICE.**

A. M. TERRILL LTD
Florists

809 1st Street West, Calgary

Phone M3812

PICKLES

MANITOBA PICKLE—8 large cucumbers, 5 onions, (peel), slice fine, and sprinkle with salt, leave over night, and strain in the morning. 2 cups vinegar, 2 cups brown sugar, 1 teaspoon black pepper, 1 small teaspoon tumeric, 1 teaspoon curry powder. Boil this mixture and put vegetables in it, scald and seal while hot.

Mrs. J. Shepp.

CUCUMBER PICKLES—9 cucumbers, 4 onions chopped finely. Let stand 3 hours in brine, drain, add following dressing and boil 5 minutes, $\frac{1}{2}$ cup flour, $\frac{1}{2}$ cup sugar, 2 tablespoons mustard, 1 tablespoon celery seed, pinch of salt, a little cayenne pepper, 1 qt. of vinegar.

..... **Mrs. F. Moore.**.....

MUSTARD PICKLES—1 qt. of peeled and sliced cucumbers, 1 qt. sliced green tomatoes, 1 large cauliflower divided into small pieces, 1 qt. small onions and four chopped green peppers. These vegetables are covered with brine made of 4 qts. water and 2 cups salt and allowed to stand for 24 hours. Heat enough to scald and drain. Mix 1 cup of flour with 6 tablespoons of ground mustard, 1 tablespoon of tumeric and enough cold vinegar to make a smooth paste, add 1 cup of sugar and enough vinegar to make two quarts in all. Bring this mixture to boil and stir till thick and smooth, add drained vegetables and cook till heated through. Place in jars and seal.

Mrs. M. Kreller.

CELERY RELISH—1 quart cucumber when chopped, 1 quart cabbage, 1 quart onions, 2 green peppers cut fine, 2 bunches celery cut fine, 3 cups white sugar, 1 cup flour, 2 tablespoons mustard, 1 quart vinegar, 1 tablespoon tumeric, 2 teaspoons celery seed, salt to taste. Let come to a boil, and boil 20 minutes before adding flour and sugar. Blend flour, mustard and tumeric, and put in last.

Mrs. E. Wolfe.

It is pride and not nature that craves much.

Lewis Paint Shop

THE HOME OF DUCO



AUTO PAINTING

129 3rd AVENUE EAST

M4206

BISSINGER & CO.

DEALERS IN

**Hides, Wool, Furs, Tallow
and Sheep Pelts**

11th STREET EAST

CALGARY, ALTA.

PHONE E5964

PICKLES

CARROT RELISH—3 lbs. carrots, 6 lemons, 4 lbs. sugar, $\frac{1}{2}$ cup almonds, parboil carrots, put through mincer after peeling them, also put lemons through mincer, add sugar and cook until thick. Ten minutes before removing from fire add almonds. Cook 1 hour.

Mrs. E. Wolfe.

RHUBARB CHUTNEY—1 quart each of rhubarb and onions cut fine, 1 pint vinegar, 4 cups brown sugar, 1 teaspoon each ground cloves, cinnamon and allspice, $\frac{1}{2}$ teaspoon cayenne. Boil all together till onions are tender.

Mrs. E. Wolfe.

SWEET PICKLES—Get a 2 or 3 gallon crock and fill with gherkins within 2 ins. of top, cover with boiling hot brine and let stand 3 days. Heat cider vinegar to cover and let stand one week. Drain off. Heat fresh vinegar and add 4 lbs. dimerurree or brown sugar, 3 handfuls mixed spices, 3 pieces root ginger. Let stand 3 weeks.

Mrs. E. Wolfe.

GREEN TOMATO PICKLE—7 lbs. green tomatoes, 3 large onions, 2 green peppers, cut these fine, sprinkle with $\frac{1}{4}$ pint salt, stand over night, drain dry, cover with vinegar, cook slowly 1 hour, strain through a collender, half fill the jars. To the liquid add 1 tablespoon ground cinnamon, $\frac{1}{2}$ tablespoon each of ground cloves, allspice, and white pepper, $\frac{1}{4}$ cup mustard. Boil up and fill up your jars with the liquid. Cover, and when cold it is fit for use.

Mrs. E. Wolfe.

Example teaches more than precept.

CAKES

Good counsel has no price.

ALMOND PASTE— $\frac{1}{2}$ lb almonds ground very fine, 1 egg, white beaten stiff, 1 lb icing sugar. Mix ground almonds and beaten egg, then add sugar gradually, knead until creamy, then spread on cake. Let the cake stand two or three days before putting on paste.

Mrs. F. Moore.

PEANUT BUTTER ICING—1 cup sugar, 4 tbsps. cocoa, $\frac{1}{2}$ cup cream, $2\frac{1}{2}$ tbsps. peanut butter. Mix well and cook until it forms a very soft ball in cold water. Remove from fire and allow to cool. Add pinch of salt, but no flavoring. Beat until thick enough to spread.

Mrs. Luke.

CHOCOLATE FROSTING—Melt 2 squares Baker's chocolate over hot water. Stir in 1 egg, 4 tbsps. cream powdered sugar, walnuts, then about 2 or 3 tbsps. hot melted butter.

Mrs. Luke.

ORANGE FROSTING—2 cups icing sugar, cream, $\frac{1}{2}$ cup butter, grated rind and juice of $\frac{1}{2}$ orange, whites of 2 eggs, beaten stiffly.

Mrs. A. Bolter.

LIGHT FRUIT CAKE—1 lb. butter, 1 lb. icing sugar (3 cups), 8 eggs, 1 cup milk, 1 lb. Sultana raisins or almonds, $\frac{1}{2}$ lb. cherries or peel, 1 teaspoon ~~brown~~ *Bridal* sugar, $1\frac{1}{2}$ lbs. flour (6 cups), juice of 1 lemon.

Method: cream, butter and sugar, thoroughly beat eggs in bowl, add milk, beat together, add gradually to cream and butter with flour. Dissolve baking powder in a little milk, add fruit dregged in flour, add lemon juice. Bake $1\frac{1}{2}$ hours in a slow oven.

Mrs. A. B. Himmelman.

CAKES

WALNUT CAKE—1 cup brown sugar, $\frac{1}{2}$ cup butter, 2 eggs, $\frac{1}{2}$ cup sweet milk, 1 cup chopped walnuts, 2 teaspoons cream of tartar, 1 teaspoon soda, $1\frac{1}{2}$ cups sifted flour.

Mrs. Schultz.

COFFEE CAKE— $\frac{1}{2}$ cup sugar, 1 egg, 1 cup flour, 1 teaspoon baking powder, $\frac{1}{2}$ cup sour cream, a pinch of soda. Sprinkle with sugar and cinnamon and any kind of nuts.

Mrs. Schultz.

CRUMB CAKE—2 cups flour, 1 cup white sugar, $\frac{3}{4}$ cup butter. Rub to crumbs, take out 1 cup of crumbs, mix the rest with: 1 cup sweet milk, 2 teaspoons baking powder and 1 egg. Sprinkle the cup of crumbs on top of cake, then put in oven to bake.

Mrs. H. Poffenroth.

CREAM SPONGE CAKE—Yolks of 4 eggs, 1 cup sugar, 3 tablespoons cold water, $1\frac{1}{2}$ tablespoons corn starch, 1 cup flour, $1\frac{1}{2}$ teaspoons baking powder, 1 teaspoon lemon extract, $\frac{1}{4}$ teaspoon salt, whites of 4 eggs. Beat yolk until thick, add sugar gradually and beat 2 minutes, then add water, mix and sift cornstarch, flour, baking powder and salt, and add to first mixture. Fold in stiffly beaten whites and flavoring. Bake 20 minutes in moderate oven.

Mrs. C. M. Smith.

SPICE CAKE—1 cup sugar, scant $\frac{1}{2}$ cup butter, 2 eggs, 2 cups flour, 1 cup sour milk, 1 teaspoon soda, 1 teaspoon cinnamon, scant teaspoon cloves, 1 cup raisins.

Mrs. Rorvik.

NEVER FAIL CAKE— $\frac{1}{4}$ cup butter, $1\frac{1}{2}$ cups sugar, 1 cup milk, whites of 5 eggs, $2\frac{1}{2}$ cups flour, 2 rounding teaspoons of baking powder, cream, butter and sugar, sift flour and baking powder together, add alternately with milk to sugar and butter, beat well, fold in well beaten whites, bake in layers or loaf.

Mrs. C. M. Smith.

Hunger is the best sauce.

CAKES

WHITE CAKE—2 cups white sugar and $\frac{1}{2}$ cup of butter (creamed), 1 cup sweet milk, 3 cups Swansdown flour, 2 teaspoons baking powder, flavoring, whites of 5 eggs beaten stiff and folded in last. Bake in loaf or layers.

Mrs. Rorvik.

BOILED RAISIN CAKE—Cover $1\frac{1}{2}$ cups raisins with boiling water, boil 20 minutes, cream, $\frac{1}{4}$ cup butter, $\frac{3}{4}$ cup sugar, add $1\frac{1}{2}$ cups flour, $\frac{1}{2}$ cup water strained off raisins, 1 egg well beaten, 1 teaspoon soda with a small teaspoon each of cinnamon and nutmeg. Bake in moderate oven.

Mrs. J. Shepp.

APPLE CAKE—2 cups flour, 3 teaspoons baking powder, $\frac{1}{2}$ teaspoon salt, sift and rub in 2 tablespoons butter, add 1 well beaten egg and enough milk to make a very thick batter, spread 1 inch thick in greased shallow tin. Have on hand apples cut into eighths, press points into dough, sprinkle thickly with sugar, dust cinnamon over and little bits of butter.

Mrs. Schultz.

DATE CAKE— $\frac{1}{2}$ cup butter, 1 cup brown sugar, 2 eggs, $\frac{1}{4}$ cup warm water, $\frac{1}{4}$ teaspoon salt, 1 teaspoon soda, $1\frac{1}{2}$ cups flour, 1 lb. chopped dates, $\frac{1}{2}$ cup walnuts, cream butter and sugar, beat in eggs, then flour, soda, and salt, alternately with fruit, nuts, and warm water. Beat all together till creamy. Put in well greased pan. Bake in moderate heat about $\frac{3}{4}$ hour.

Mrs. H. Poffenroth.

ONE EGG MOCHA CAKE—1 heaping teaspoon of butter, $\frac{3}{4}$ cup sugar, 1 egg, $\frac{3}{4}$ cup milk, a pinch of salt, vanilla, 1 cup flour, 1 teaspoon baking powder, 2 squares of Baker's chocolate.

Filling: 1 cup icing sugar, 1 tablespoonful butter, $\frac{1}{2}$ teaspoon vanilla, 2 teaspoons cocoa, 2 tablespoons strong coffee.

Mrs. Schultz.

If things were to be done twice, all would bwise.

CAKES

JELLY ROLL—1 cup white sugar, 3 eggs, 2 tablespoons cold water, 1 teaspoon baking powder, 1 cup flour, 1 teaspoon vanilla. Beat sugar and eggs till light, add water and flour sifted with baking powder, beat well, and bake in a square pan. Spread with jelly and roll in white cloth.

Mrs. R. J. Lumley.

WHITE FRUIT CAKE—1 cup butter beaten to cream, 1 cup white sugar, 1 cup milk, 3 eggs, 3 cups of flour, 3 teaspoons baking powder, 1 lb. raisins, 1 lb. citron peel, $\frac{1}{2}$ lb. cherries, flavor with vanilla. Bake 1 hour.

Mrs. Robt. Stewart.

COCOA CAKE— $\frac{1}{2}$ cup sweet milk, 2 tablespoons cocoa, 1 egg, 1 cup white sugar, $\frac{1}{2}$ cup butter, $\frac{1}{2}$ cup sweet milk, 2 teaspoon baking powder, 2 cups flour, vanilla. Boil $\frac{1}{2}$ cup milk and cocoa till thick when done, stir in the egg. When cold, add white sugar, butter and another $\frac{1}{2}$ cup of milk, add flour mixed with baking powder flavoring. Bake in large pan.

Mrs. J. Shepp.

CHOCOLATE CAKE— $\frac{1}{2}$ cup butter (melted), 1 teaspoon salt, add to this 2 squares chocolate, 3 eggs, beaten slightly, 1 cup white sugar, $\frac{3}{4}$ cup flour sifted with $\frac{1}{2}$ teaspoon baking powder, 1 dessertspoon of vanilla, 1 cup broken walnuts. Bake in shallow pans, not too hot a fire.

Mrs. J. Shepp.

DATE SHORTCAKE—1 $\frac{1}{2}$ cups rolled oats, 1 cup flour, $\frac{1}{2}$ cup brown sugar, $\frac{1}{2}$ cup butter, pinch salt, $\frac{1}{2}$ teaspoon soda, rub well together and take half of mixture and spread in small pan with hand pressure, add date filling, and sprinkle the other half over top. Bake in moderate oven.

Date Filling—1 package of dates, 1 teaspoon vanilla, $\frac{1}{2}$ cup brown sugar, enough water to moisten, boil till thick.

Mrs. A. Braun.

Observation is the best teacher.



PURITY FLOUR

A perfect flour for

**BREAD
CAKES
PASTRY**



**WESTERN CANADA
FLOUR MILLS**

**Company, Limited
CALGARY**

CAKES

CHOCOLATE CAKE—1-3 cup cocoa, $\frac{1}{4}$ cup butter, $\frac{1}{2}$ cup hot water (scant), 1 cup sugar, 1 egg, $\frac{1}{2}$ cup sour milk, 1 teaspoon soda, 1 cup flour (large), pinch salt, 1 teaspoon vanilla. Mix in order given, breaking egg into mixture.

Mrs. A. Bolter.

BANANA NUT CAKE— $\frac{3}{4}$ cup butter, $1\frac{1}{2}$ cup sugar, 3 cups Swansdown flour, sifted before measuring, 3 eggs, 1 cup milk, 1 teaspoon vanilla, 4 teaspoons baking powder. Mix and sift dry ingredients 3 times, cream butter, add sugar gradually, then beaten egg yolks. Beat hard until light, add milk and dry ingredients alternately, beating after each addition, add vanilla and stiffly beaten egg whites. Bake in layers. Icing: $1\frac{1}{2}$ cup brown sugar, $\frac{1}{2}$ cup water, boil until it spins a thread, remove from fire and pour slowly on the stiffly beaten whites of 2 eggs, add 1 teaspoon vanilla, beat until creamy. Slice bananas over lower layer of cake and pour icing over them, place second layer on top, cover with sliced bananas, add $\frac{1}{2}$ cup chopped nuts to remainder of icing before putting over bananas.

Mrs. Luke.

QUICK COFFEE CAKE (Substitute)—Take 1 egg, mix well with some sugar, salt to taste, a little cinnamon, not too much sugar, put in as much milk so that egg and milk make $\frac{1}{2}$ cup, then take 1 cup of flour with 1 teaspoon baking powder, stir with spoon until round. Bake in moderate oven. This will make 1 coffee cake.

Mrs. J. Becker.

LADY FINGER SPONGE CAKE—1 cup sugar, a little salt, 5 eggs and 1 cup flour. Sift flour before measuring and return to sifter, beat eggs very light with wire egg whip, add sugar and salt, and beat altogether for 15 minutes, sift flour over entire top of eggs and sugar at one time, and fold it in very lightly. Bake in centre of slow oven, 40 minutes.

Mrs. J. Becker.

A little spark may make much work.

A. B. Himmelman

CONTRACTOR and BUILDER
of Real Homes.

Let us furnish you plans and build your
home.

2416 5th Street West

Phones: M2527

Office: M4594

See the Most Beautiful CHEVROLET in
Chevrolet History.

GENERAL SUPPLIES **LIMITED**

501-521 First Street West
Calgary, Alta.

Phone all depts.—M1101, 1102

CAKES

FRENCH LAYER CAKE—1 cup brown sugar, 1 tablespoon each of butter and lard, yolks of 3 eggs, 1 cup of molasses, 1 cup sour milk, 1 teaspoon each of cloves and cinnamon, 1 teaspoon soda, 2 cups flour.

Icing: 1 cup of white sugar, 2-3 cup water, boil to syrup, beat whites of eggs, add 4 tablespoons of brown sugar, add syrup, also 1 cup chopped raisins and 4 tablespoons of cocoanut, boil. Raisins and cocoanut can be omitted.

Mrs. Robt Stewart.

ROLLED JELLY CAKE—4 eggs, 1 cup white sugar, beat well, 1 cup flour, 4 teaspoon milk, 2 teaspoon baking powder.

Mrs. A. A. Perrin.

CHOCOLATE CAKE—1 cup grated chocolate, $\frac{3}{4}$ cup brown sugar, $\frac{1}{2}$ cup milk, 1 egg, $1\frac{1}{2}$ teaspoon of vanilla. Boil this slowly and then set aside to cool. 1 cup brown sugar, $\frac{1}{2}$ cup butter, 2 eggs, 1 teaspoon soda in little hot water, $\frac{1}{2}$ cup milk, $\frac{1}{2}$ cup flour, add chocolate, part and bake in two layers.

Mrs. A. A. Perrin.

GOLD CAKE—Yolks of 8 eggs, $1\frac{1}{4}$ cups granulated sugar, $\frac{3}{4}$ cup butter, $\frac{3}{4}$ cup water, $2\frac{1}{2}$ cups Swans-down cake flour, 2 heaping teaspoons baking powder, $\frac{1}{2}$ teaspoon lemon extract, cream butter and sugar, beat yolks to a stiff froth, add this to butter and sugar, and stir thoroughly through, add flavor and water, then flour, and stir very hard. Put in slow oven and gradually increase heat.

Mrs. E. Wolfe.

Of two evils, choose the least.

CALGARY ARTIFICIAL LIMB FACTORY

WE MANUFACTURE

Legs, Arms, Orthopaedic Appliances,
Trusses, Abdominal Belts, Corsets, Cork
and Steel Extensions for short limbs.

WE ALSO SUPPLY

Crutches, Canes and Tips

**We Repair Every Kind of
Surgical Instrument.**

**603-605 FIRST STREE EAST
CALGARY, ALBERTA**

Good Cooking

is most desirable.

Good Lumber

equally, so we carry the Best.

**Revelstoke Sawmill Co.
LIMITED**

**Near P. Burns, East Calgary
Phone E5066**

SMALL CAKES

An hour in the morning is worth two in the evening.

INDIANS—2 eggs, good $\frac{1}{2}$ cup sugar, good $\frac{1}{2}$ cup butter, 1 cup chopped nuts, $\frac{1}{2}$ cup flour, 1 square chocolate. Bake in moderate oven, about 20 minutes.

Mrs. A. Bolter.

LADY FINGERS—Beat yolks of 5 eggs till stiff, add 1 cup fine white sugar, 1 teaspoon vanilla, 1 cup flour, and 2 level teaspoons baking powder. Roll into strips and cut pieces about 2 inches long. Place on greased tin and bake in very slow oven.

Mrs. M. W. Kreller.

DELICIOUS DOUGHNUTS—1 cup sweet milk, 2 tablespoons melted butter in milk, 1 flat teaspoon salt, a little nutmegs, 2 flat teaspoons baking powder, not quite 1-3 cup sugar, 2 cups flour, handle lightly. Boil in about 2 lbs. lard very hot.

Mrs. J. Becker.

DATE STICKS—1 cup sugar, 1 tbsp. melted butter, 2 eggs, $\frac{1}{2}$ teaspoon salt, 1 teaspoon baking powder, 1 cup flour, $\frac{1}{4}$ cup hot water, 1 package dates, 1 cup of nuts, mix sugar, butter and hot water, add salt, baking powder, flour, dates, nuts and eggs, well beatn. Spread on cookie sheet and bake in medium hot oven. Cut in strips 1 inch by 3 inches and roll in powdered sugar.

Mrs. Luke.

CLIFFORD TEA COOKIES—1 cup butter, 2 cups brown sugar, 2 eggs, 1 teaspoon soda, $\frac{1}{2}$ teaspoon salt, 1 cup chopped nuts or fruit or figs or dates, 3 $\frac{1}{2}$ cups flour cream, butter and sugar thoroughly mixed, add egg and continue to beat. Sift flour, soda and salt 3 times and add with nuts to first mixture, pack in a mold and leave in a cool place over night. Turn out on board and slice as thin as possible. This recipe makes 5 dozen.

Mrs. J. Shepp.

Hardwood Floors

We are experts in laying and finishing new hardwood floors, and refinishing old floors and stair steps. We have the latest and most up-to-date machinery.

C. M. SMITH

314 20th Avenue West, Calgary

Phone M7705 for Estimates.

**CUSHING BROS.
LIMITED**

EAST CALGARY

Phones: E 5678 - E 5679

**EVERYTHING
IN
WOODWORK**

SMALL CAKES

FROZEN COOKIES—2 cup brown sugar, $\frac{1}{2}$ cup lard, $\frac{1}{2}$ cup butter, 2 eggs, 3 cups flour, 1 teaspoon soda dissolved in $\frac{1}{4}$ cup hot water, 1 teaspoon cream tartar, vanilla, dates or walnuts. Roll into small loaves. Put in cold place over night. Slice thin and bake in quick oven.

Mrs. Luke.

COCOANUT PUFFS—Whites of 3 eggs beaten to a stiff froth, 1 cup sugar, put in bowl over steam (tea-kettle), and stir until a crust forms on sides, then add $1\frac{1}{2}$ cups cocoanut, and 1 teaspoon cornstarch, and a little vanilla. Drop on buttered paper, and bake in very moderate oven.

Mrs. J. Becker.

CORN FLAKE MACAROONS—Beat whites 3 eggs stiff, add pinch of salt, 1 cup sugar, 1 cup cocoanut, 3 cups cornflakes. Drop teaspoonful on greased tin, bake in very slow oven.

Mrs. M. W. Kreller.

ROCKS— $1\frac{1}{2}$ cups brown sugar, $\frac{3}{4}$ cup butter, 3 eggs, 1 tablespoon corn syrup or (table molasses) pinch of salt, 1 teaspoon, cinnamon, a little nutmeg, 1 teaspoon baking soda, 1 cup currants, $\frac{1}{2}$ cup raisins, 1 cup chopped walnuts, flour to make a stiff batter, about 3 cups. Drop with teaspoon in buttered pans.

Mrs. A. Braun.

SHORTBREAD—4 level cups flour, 1 cup butter, $\frac{1}{2}$ cup castor sugar, yolk of one egg, work butter and sugar and yolk of eggs together till creamy, add flour and work till smooth. Put into dish and bake golden brown.

Mrs. Robt. Stewart.

BROWN COOKIES—1 cup butter or shortening, $1\frac{1}{2}$ cups sugar, $1\frac{1}{2}$ cups raisins, 2 cups flour, 3 cups oatmeal, 2 eggs, 3 teaspoons molasses, 3 tablespoons sour milk, 1 teaspoon soda, 1 teaspoon cinnamon, pinch salt. Half makes a nice lot. Bake in a hot oven.

Mrs. J. Becker.

Hunger is the mother of impatience and anger.

**HAVE YOUR
BABY'S PHOTOGRAPH**

**Taken by the leading photographer of
babies' in Calgary**

MISS FAWDRY

THE BABIES' PHOTOGRAPHER

(Also Photographer to the Grown-ups)

NEW ADDRESS:

108 ALEXANDER CORNER

1st STREET WEST, opposite Bank of Montreal

PHONE M1340

CALGARY

GOLDEN WEST BAKERY

THE ONLY BAKERS OF

AUNT HANNA BREAD

PHONE L 1354

SMALL CAKES

DREAM COOKIES—1 cup butter, 1 cup sugar, 2 eggs, 1 ½ teaspoons baking powder, pinch of soda in tablespoon cream tartar. Method: beat sugar and butter to a cream, beat eggs well and add to the above, and cream together, add enough flour to make a soft dough, not too stiff, cut out and bake in quick oven.

Mrs. Robt. Stew. jr.

COOKIES—½ cup butter, ¾ cup sugar, 1 egg, ½ cup raisins cut in small pieces (or ¼ cup each of raisins and dates), 1-3 cup milk, 2 cups flour, 2 teaspoons baking powder, ½ teaspoon cinnamon, ¼ teaspoon each of cloves, mace and nutmeg. Roll out ¼ inch thick.

Mrs. Schultz.

DOUGHNUTS—1 cup sour cream or 1 cup sour milk, 1 cup sugar, 3 eggs, 1 teaspoon salt, 1 teaspoon soda, flour to roll. Beat eggs and sugar together, add cream, salt, flour and soda. Fry in hot fat.

Mrs. Poffenroth, De Winton.

CHEESE TARTS—1 cup sugar, ½ cup butter, 2 egg, 1 cup currants, 1 teaspoon vanilla. Make a rich pie crust and line patty tins.

Mrs. J. Shepp.

BUTTER COOKIES—1 cup white sugar, 1 cup butter, 2 eggs well beaten, 2 ½ cups flour, 1 teaspoon soda, 2 teaspoons cream of tartar, ½ teaspoon salt, flavor to taste. Roll not too thin, and sprinkle with white sugar.

Mrs. Poffenroth, De Winton.

SHORTBREAD COOKIES—½ lb. butter, ½ cup icing sugar, 2 cups flour, roll thin. Bake in a slow oven till a pale brown.

Mrs. Schultz.

COCOANUT MACAROONS—Beat the whites of 2 eggs very stiff, then add 1 cup of icing sugar, 2 heaping cups of cocoanut, 2 teaspoons cornstarch. Drop on a buttered pan and bake in a hot oven.

Mrs. Fred Moore.

They who win may laugh.

Spillers Canadian Milling
COMPANY, LIMITED
CALGARY, ALTA.

"The Big - Daylight Mill"

"Spillers 'Bake-Rite' Flour"

Affiliated with
Spillers Milling and Associated Industries
of Great Britain.

"Almost 100 Years
Experience and Research."

SMALL CAKES

BATCHELOR BUTTONS— $\frac{1}{2}$ cup butter, $1\frac{1}{2}$ cups sugar, 2 eggs, 2 cups flour, 1 teaspoon baking powder, almond flavoring. Make into small balls and bake in quick oven. Mix sugar, flour and baking powder, work in butter, add eggs with flavoring, and a little milk, if not enough liquid.

Mrs. Robt. Stewart.

CREAM PUFFS—1 cup water, $\frac{1}{2}$ cup butter, 1 cup flour, 3 eggs. Set the water and butter over the fire in a sauce pan; when boiling sift in the flour, stir quickly until you have a smooth thick dough, and stand aside until cool. Then break in 1 egg, and beat until the mixture is smooth, beat in the second egg, the third egg. Let stand for about 1 hour. Drop tablespoonfuls in lightly greased tins. Bake in hot oven about 25 minutes.

Mrs. Schultz.

OATMEAL COOKIES—2 eggs, $\frac{1}{2}$ cup lard, $\frac{1}{2}$ cup butter, $1\frac{1}{2}$ cups sugar, 4 tablespoonfuls sour milk, 2 cups dry oatmeal, $2\frac{1}{2}$ cups flour, 1 cup chopped raisins, walnuts, 1 teaspoon each of nutmeg, soda and cinnamon. Roll out and cut with a floured cutter.

Mrs. Rorvik.

OATMEAL COOKIES, DATE FILLED—1 cup rolled oats, 1 cup flour, $\frac{1}{2}$ cup brown sugar, $\frac{1}{2}$ cup thick sour cream, $\frac{1}{2}$ teaspoon soda, $\frac{1}{4}$ teaspoon salt, $\frac{1}{4}$ cup butter. Mix the first five ingredients cut in the butter, and add the milk gradually. The dough should be very soft. Roll and cut as cookies. Put two cookies together with date filling between them. Bake in a moderate oven.

Mrs. A. A. Perrin.

GOOD GINGER COOKIES—2 cups brown sugar, $\frac{1}{2}$ cup lard or dripping, 1 cup sour cream, 1 tablespoon soda, 1 tablespoon cream of tartar, $\frac{1}{2}$ tablespoon cinnamon, $\frac{1}{2}$ tablespoon cloves, 1 tablespoon ginger, 1 tablespoon nutmeg, $\frac{1}{2}$ tablespoon pepper, $\frac{1}{2}$ cup black strap. Flour enough until stiff.

Mrs. A. A. Perrin.

Seek till you find, and you'll not loose your labor.

**FOR SATISFACTORY RESULTS INSIST ON
GETTING**

**Alberta Roasted TUXEDO Coffee.
Alberta Ground TUXEDO Spices.
Alberta Manufactured TUXEDO Products.
Alberta Manufactured TUXEDO Baking Powder.
Alberta Manufactured TUXEDO Flavoring Extracts**

**Roasted, Manufactured and Packed IN CALGARY
by the**

TUXEDO COFFEE & SPICE MILLS, L d.

311-313 8th Avenue West

CALGARY

START EVERY DAY RIGHT

WITH

**Dr. CHURCH'S
HEALTH FOOD**

FOR BREAKFAST

YOUR GROCER SELLS IT

SMALL CAKES

LOVE KNOTS—2 cups granulated sugar, mixed well with 1 cup butter, lard size of an egg, 2 eggs, 3 teaspoons sweet milk, $\frac{1}{2}$ teaspoon baking powder, 5 cups flour, roll out thin, cut in strips, 1 inch wide, 5 inches long, form knots, and bake in moderate heat.

Mrs. E. Wolfe.

CREAM PUFFS— $\frac{1}{2}$ cup butter, melted in 1 cup of hot water, put in a small tin pan on stove to boil, while boiling, stir in one cup of flour, take off and let cool; when cold, stir in 3 eggs, one after the other without beating. Drop on buttered tins in a hot oven, 20 to 30 minutes, not too fast.

Cream Puff Filling: 1 egg beaten, $\frac{1}{2}$ cup sugar, 1 cup milk, thicken with cornstarch, flavor with vanilla.

Mrs. E. Wolfe.

ESPECIALLY DESIRED

When making tasty SANDWICHES
or for daily use when the

BEST

is wanted

SHELLYS BUTTERNUT BREAD

Telephone and have our Salesman call at your
home daily.

CANADIAN BAKERIES LIMITED

Phone M 7946

USE

CRYSTAL ICE CREAM

IT'S A CONCENTRATED FOOD

**MADE FROM PASTEURIZED
PRODUCTS.**

SANDWICHES

Where good cheer is lacking, our friends will be packing.

CHEESE PUFFS—Cut stale bread into slices $1\frac{1}{2}$ inches thick. Trim off crust and cut each slice into four squares. Mix one cream cheese with the same amount of butter. Spread all around squares of bread. Put on greased tin and brown in quick oven. Can be made beforehand and baked when needed.

Mrs. M. W. Kreller.

CHEESE, CELERY AND NUT SANDWICHES— $\frac{1}{2}$ cup golden loaf or Kraft cheese, $\frac{1}{4}$ cup walnuts chopped fine, $\frac{1}{4}$ cup celery chopped fine, 1 pimento cut fine, salt to taste. Cream cheese and add salad dressing to make it smooth and creamy. Add nuts, celery, pimento and salt to taste. Spread between bread.

Mrs. A. Braun

PEANUT BUTTER AND DILL SANDWICH—Spread bread with butter and peanut butter, slice pickles then lay between bread.

Mrs. A. Braun.

CHICKEN SANDWICH—Mix 1 cup of chopped (or sliced) chicken with $\frac{1}{2}$ cup chopped walnuts, moisten with salad dressing. Ham and walnuts are very good mixed the same way.

Mrs. R. Jones.

FOR SANDWICHES—Take equal parts minced ham, and Philadelphia cream cheese, work them together to a smooth paste, add a few chopped olives, and spread on white or brown bread, a lettuce leaf is a good addition to them, also nuts may be used.

Mrs. E. Wolfe.

WELSH RAREBIT—1 tablespoon butter, $\frac{1}{2}$ cup thin cream or milk, 1 tablespoon cornstarch or flour, $\frac{1}{2}$ lb. cheese, $\frac{1}{4}$ teaspoon salt, $\frac{1}{4}$ teaspoon mustard, melt butter, add cornstarch, stir until well mixed, then add cream gradually, stirring constantly, and cook 2 minutes, add cheese cut in small pieces, and stir until cheese is melted. Season and serve on toast.

Mrs. E. Wolfe.

If it can be bought in a Drug Store you can
find it here.

**DRUGS — PRESCRIPTIONS
TOILETRIES**

Largest Stock.

Best Price.

PERRY DRUG CO.

DARLING BROS. (Successors)

8th Ave. at 1st Street West, Calgary, Alta.

**FURNISHED HOUSEKEEPING AND
SLEEPING ROOMS**

By Day, Week or Month.

**A place you feel at home when away from
home.**

**OUR MOTTO: Respectable business and
prices that will please you.**

Mr. and Mrs. C. J. Corkum

510 1st Street West

Calgary

PHONE M5617

JAMS

All is fine that is fitting.

ORANGE MARMALADE—1 grape fruit, 2 oranges, 2 lemons run through chopper, stand over night with 3 times the quantity of water. Boil 10 minutes, and again let stand over night, add as much sugar as fruit, and boil till its jells.

Mrs. Robt. Stewart.

PLUM CONSERVE—8 lbs. small blue plums, 6½ lb sugar (can use less), 2 pkg. seedless raisins, 3 oranges, rind of two sliced fine, 1 lemon. Mix well, add 1 pint of water. Cook slowly 1 hour. Stir often, use pips.

Mrs. J. Shepp.

GRAPE JAM—Pick over, and wash, press pulp from skins, reserving skins. Heat the pulp gradually, and cook until it will separate from the seeds. Press through a strainer to remove seeds. Add skins and sugar, allowing ¾ cup sugar to 1 cup fruit. Cook over a moderate heat until thick, about 15 minutes. Pour into jars and seal.

Mrs. A. Braun.

PEACH AND ORANGE MARMALADE—Peel 24 peaches and slice thinly, peel 4 oranges, cut skins into strips, and the oranges into small pieces, put altogether and add 3½ lbs. sugar. Let stand over night, then cook slowly about two hours.

Mrs. E. Wolfe.

AFTER A HOT DAY
OVER THE STOVE

Refresh Yourself
with a Glass of Sparkling

CALGARY
SPECIAL DRY
GINGER ALE

IT IS A WONDERFUL, REFRESHING
APPETIZER.

ROBERT SILVER

PLUMBING, HEATING and
GAS FITTING.

105 ARMOUR BLOCK.

Phone M9732

CANDY

Woman's work is never done.

NEVER FAIL DIVINITY—3 cups sugar, $\frac{1}{2}$ cup syrup, $\frac{1}{2}$ cup water, 1 cup nut meats, 1 teaspoon vanilla, boil water, syrup and sugar to the soft ball stage. Remove from the fire and add gradually to the well beaten whites of 2 eggs, add vanilla and nuts. When stiff enough to hold form, drop in spoonnfuls to a smooth surface.

Mrs. Luke.

MAPLE CREAM CANDY—1 cup brown sugar, 4 tablespoons of milk, 1 teaspoon butter, vanilla, boil till it forms a soft ball when tried in cold water. Beat till creamy, add nuts. Put in buttered pan.

Mrs. A. Braun.

FUDGE—3 cups brown sugar, $1\frac{1}{2}$ cups milk, 1 tablespoon butter. Boil slowly about 1 to $1\frac{1}{2}$ hours, until stringy, stirring often, then beat with spoon until sugary. Put in broken English walnuts and a little vanilla before it sets. Turn out on a buttered plate.

Mrs. J. Becker.

DIVINITY FUDGE—1 cup brown sugar, $\frac{1}{4}$ cup butter, $\frac{1}{2}$ cup cream, 1 cup white sugar, $\frac{3}{4}$ cup molasses, 2 squares chocolate, $\frac{1}{2}$ teaspoon vanilla. Mix butter, sugar, cream, molasses and chocolate, and cook until mixture forms a heavy thread. Take from the fire, add vanilla and nuts, stir constantly until the mass thickens. Pour in buttered pan.

MAPLE FUDGE—1 cup white sugar, 1 cup brown sugar, 1 cup milk, butter size of an egg. Let boil for about $\frac{3}{4}$ of an hour, stirring constantly. Take from stove, add vanilla to taste or any other flavor and nuts. Pour in buttered pan.

Mrs. E. Wolfe.

PLUMBING and HEATING GASFITTERS
TINSMITHS and SHEET METAL WORKERS

WE TACKLE A JOB OF
ANY SIZE — THAT'S
THE REASON
WE
ADVERTISE



Dipalo Res. M3399

Shop Phone
L 1606

**JAS. DIPALO
& CO.**

Acetylene
WELDING
and
GENERAL
REPAIRS

Heaters and Ranges Sold on Easy Terms.

Eavestrough and Repairs of all kinds.

Furnace Work a Specialty.

TOOTH TALK

DR. E. R. SAWYER
DENTAL SURGEON

Suite 115-116 Alexander Corner,

Cor. 8th Ave. and 1st Street West with entrance on
1st Street West.

My policy is to give the people of Calgary and
district the best service for the least cost.

My many satisfied patients are the cause of
my success.

BREAD, BUNS AND ROLLS

Good servants should have good wages.

TEA BISCUITS—2 cups flour, 4 teaspoons baking powder, 2 tablespoons shortening, 1 teaspoon salt, $\frac{3}{4}$ cup milk. Bake in moderate oven 10-15 minutes.

Mrs. A. Bolter.

PECAN ROLLS—Put $1\frac{1}{4}$ cups of lukewarm milk in mixing bowl, crumble in 2 cakes of yeast, add 3 eggs, 2 teaspoons salt, 1-3 cup of sugar, and beat with egg beater till smooth. Knead in five cups flour, $\frac{1}{2}$ cup of shortening and let rise in warm place till double in bulk. Roll in oblong piece, spread with butter, sprinkle with sugar and cinnamon and roll like jelly roll. Cut slices $\frac{1}{4}$ inch thick. Put a teaspoon of butter and a tablespoon of brown sugar in greased muffin ring. Sprinkle with pecans, place in dough, cut side down. Let rise till double in size and bake twenty minutes.

Mrs. M. W. Kreller.

COLD WATER BUNS—Dissolve one cake of Royal yeast in $\frac{1}{2}$ cup of cold water at noon, add a little flour and let stand till morning. Add 1 cup sugar, $\frac{1}{2}$ cup shortening, 2 cups cold water and a little salt. Knead stiff with flour. Let stand till noon and knead down. Mould the size of eggs in evening and bake next morning 15 to 20 minutes.

Mrs. M. W. Kreller.

NUT BREAD— $\frac{1}{2}$ cup butter, $\frac{3}{4}$ cup sugar, 2 eggs, salt, 1 cup white flour, $1\frac{1}{2}$ cups whole wheat flour, 1 cup sour milk, 1 teaspoon soda, 1 cup dates, 1 cup nuts.

Mrs. Schultz.

BREAKFAST PANCAKES—1 cup flour, 1 cup milk, 1 cup water, little salt, $\frac{1}{2}$ tablespoon sugar to brown, 1 teaspoon baking powder, 1 teaspoon Birds egg substitute. Mix all together, then take boiling hot lard, size of a small egg and pour over batter, mix well, and bake like any pancake.

Mrs. J. Becker.

**FIRE, AUTOMOBILE, SICKNESS and ACCIDENT
INSURANCE**

JAMES CLEAVE
INSURANCE IN ALL ITS BRANCHES

MONEY TO LOAN

**LOUGHEED BLOCK, 133 Sixth Ave. West
CALGARY**

Phone M2039

Electra Plating

We plate in gold, silver, nickle, brass and copper. Bring in your Light Fixtures or odd silverware. We can make them look like new. Our prices are very reasonable. Give us a trial.

Calgary Silver Plating Co.
LIMITED

622 8th Ave. W.

Phone M 5277

BREAD, BUNS AND ROLLS

NUT BREAD—Butter size of a walnut, 1 egg beaten separately, $\frac{3}{4}$ cup sugar, $\frac{3}{4}$ cup milk, $1\frac{1}{2}$ cups flour or 2 cups, 2 teaspoons baking powder in flour, 1 package dates (chopped), 1 cup chopped walnuts, not too fine. Bake in moderate oven.

Mrs. J. Becker.

GINGER BREAD—1 cup syrup, 1 teaspoon cinnamon, 1 teaspoon allspice, $\frac{1}{2}$ teaspoon cloves, $\frac{1}{2}$ teaspoon nutmeg, pinch salt, 2 tablespoons brown sugar, 1 cup sour milk, 1 teaspoon soda in milk, 2 eggs, enough flour to make a nice batter, not too thick.

Mrs. J. Becker.

BRAN MUFFINS—1 egg, $\frac{1}{2}$ cup brown sugar, 1 cup of sour milk, butter size of egg, 1 teaspoon soda, 1 cup flour, 2 cups of bran.

Mrs. A. Braun.

DATE LOAF—1 lb. dates cut, 1 teaspoon soda sprinkled over dates, 1 cup boiling water over dates, stir and let cool, 1 tablespoon butter, $\frac{3}{4}$ cup sugar (cream together), 1 egg, pinch of salt, vanilla, add dates and $1\frac{3}{4}$ cups flour, $\frac{1}{2}$ cup chopped walnuts. Bake in moderate oven.

Mrs. A. Braun.

NUT BREAD—4 cups flour, 4 teaspoons baking powder, 1 cup sugar, 1 teaspoon salt, 2 eggs, 2 cups sweet milk, raise 1 hour. Bake 1 hour.

Mrs. Fred Moore.

NUT BREAD—1 package dates, 1 cup walnuts, 4 cups graham flour, 2 cups sour milk, 1 teaspoon soda, 1 cup brown sugar.

Mrs. C. M. Smith.

HOT CROSS BUNS—1 cup milk, 1-3 cup butter, $\frac{1}{4}$ cup sugar, $\frac{1}{2}$ teaspoon salt, 2 eggs, 1 yeast cake in $\frac{1}{4}$ cup lukewarm water, flour. Frosting for rolls: 4 tablespoons icing sugar, $\frac{1}{2}$ tablespoon butter, cinnamon, milk to wet.

Mrs. E. Wolfe.



ALBERT J. HART

My establishment is equipped with the latest modern machinery known to the trade and in reference to the quality of my work, I can only refer you to my twenty years business record in Calgary coupled with over thirty years experience as a practical sculptor and designer.

Some of the best examples of my work are illustrated in an eighty-page catalogue, a copy of which will be gladly forwarded on request.

Thanking you in anticipation of your patronage.

1821 SECOND STREET EAST
CALGARY, ALBERTA.

MISCELLANEOUS

KEEP THE FAMILY HAPPY—Keep in air-tight receptacle in a cool place, keeps for months. 1 lb. figs, 1 lb. dates, 1 pkg. seeded raisins, 2 small pkgs. senna leaves (procured at any drug store), whole flaxseed, about 20c. worth. Put ingredients alternately through a food chopper once or twice and mix thoroughly. Then roll into balls, 1 teaspoon to a ball. This is a mild but effective laxative. Kiddies may take a $\frac{1}{2}$ ball or more according to age at bedtime.

Mrs. Luke.

BEET WINE—3 $\frac{1}{2}$ lbs. beets, 1 gallon water, 3 lbs. sugar, clean beets with brush (don't pare), cut in slices, let boil very soft until white, see that you have 1 gal. of juice after straining (don't squeeze), then add sugar. Let boil 10 minutes, put in about 2 red peppers (very small ones), and let ferment about two weeks in a warm place. If you like add 1 yeast cake to 5 gallons.

Mrs. E. Wolfe.

RHUBARB WINE—Cut rhubarb without stringing. To 1 qt. juice (rhubarb) use 3 qts. water, 3 lbs. sugar. Let ferment about 3 weeks, strain, then bottle.

Mrs. E. Wolfe.

DANDELION WINE—4 qts. flowers, 4qts. water, 4 lbs. white sugar, 2 lemons. Boil flowers and water first, then strain, add sugar and lemons after it comes to a boil, then boil 15 min. Put it in a crock down cellar, then toast 1 slice of bread spread with 1 cake of Fleischman's yeast, lay lightly on top of liquid, when mixture is cold then take off toast, after one day or so, the yeast has entirely disappeared. When perfectly clear, bottle.

Mrs. J. Becker.

MACLEAN'S **DRUG STORE**

Established 1883

**When you need anything
in
DRUGS,
TOILET ARTICLES,
ETC.**

**Don't Forget your Old
RELIABLE DRUG STORE**

MACLEAN BLOCK, 109 8th Ave. E.

CONTENTS

Soups	3-5
Meats	7-9
Vegetables	11-13
Salads	15-17
Puddings	19-21
Pies	23-25
Pickles	27-31
Cakes	32-39
Small Cakes	41-49
Sandwiches	51
Jams	53
Candy	55
Bread, Buns and Biscuits.....	57-59
Miscellaneous	61

*LUTHERAN
IMMIGRATION
BOARD*

THE CLEARING HOUSE FOR
**LUTHERAN
IMMIGRANTS**

We Will Solve Your Problems

627 TALBOT AVENUE
WINNIPEG, MAN.

**For Quick Service
AND
Moderate Prices**

IN

Loose Leaf Binders, all Styles
Indexes and Ring Binders
Gold Lettering on Leather Goods
Mailing Tubes and Map Mounting
Binding of Magazines, Music and
Newspapers. Repairing of Bibles,
Hymn Books, Etc.

PHONE M7733

Calgary Bindery
708 FIRST STREET EAST
CALGARY

*Wedding Invitations,
Announcements and
Visiting Cards*




S. A. HYND **LITHO-PRINT** LIMITED

COMMERCIAL PRINTERS

603 CENTRE ST.

Phone M2437

 Calgary Bindery, 708 1st Street East

